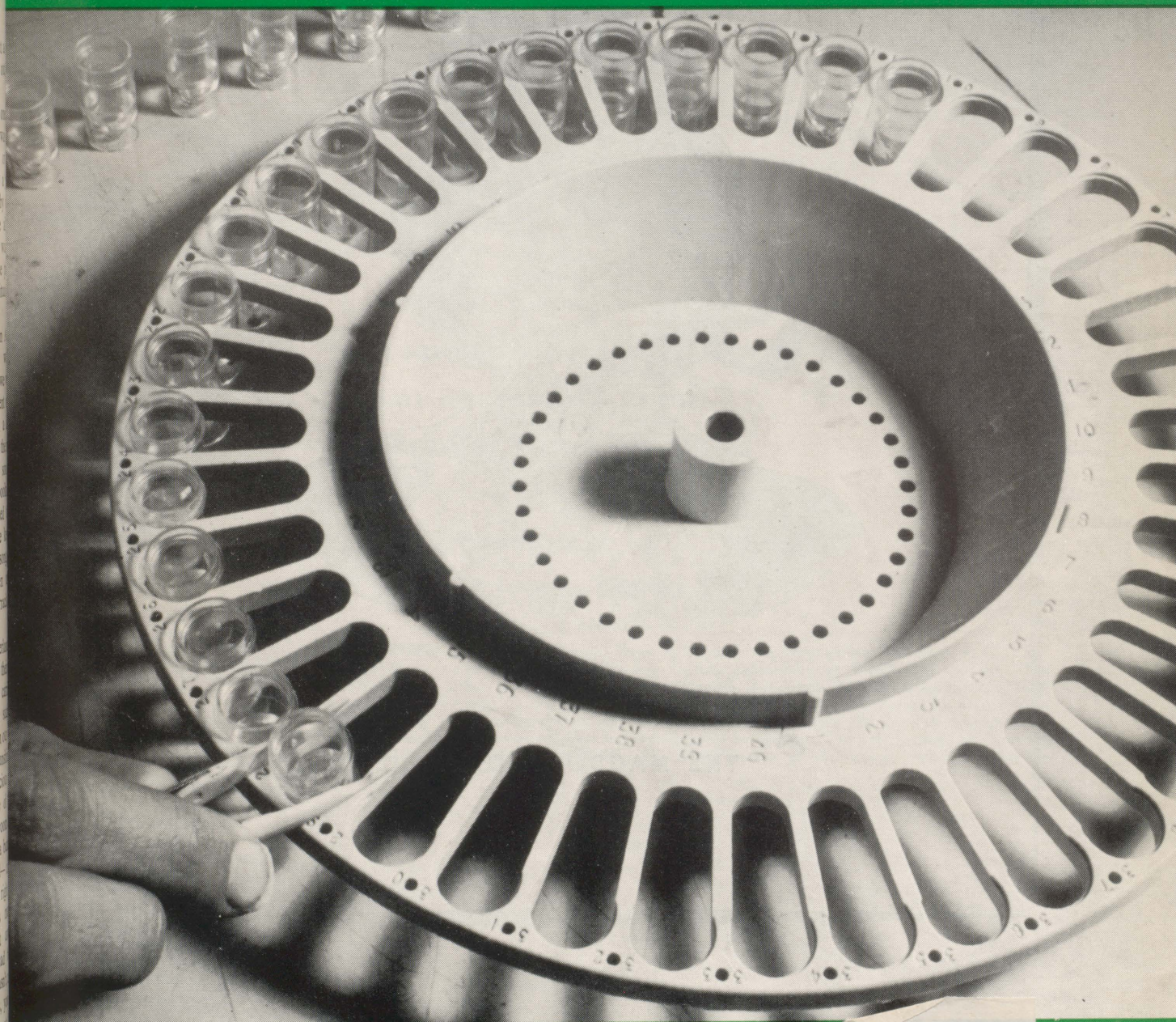


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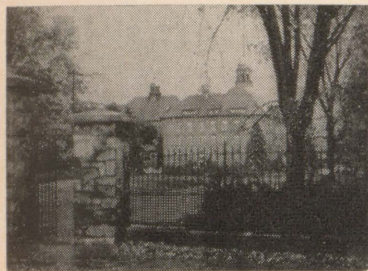
OCTOBER 1967

FALL NITROGEN

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THE MACDONALD LASSIE



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OUR COVER: Even in automation, there is beauty. The tray holding 40 small vials shown in our cover picture is part of the Soil Testing Laboratory at Macdonald College. The Auto-Analyzer, after the soil samples are prepared, can make 120 tests per hour without human assistance, and record the levels of Nitrogen, Phosphorus and Potash in each. These values, along with the data from the questionnaire, are fed into the computer which completes a fertilizer recommendation for the crop to be grown. The Soil Testing lab is under the direction of Dr. A. F. MacKenzie, who is the author of the article "Fall Fertilizing for Corn?" in this issue.

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GALEN DRIVER

INSIDE

THE EDITOR'S COLUMN

A PROGRAM? WHO PLANS?

"Our meetings bore me."

"Why don't we do something interesting?"

"The same warmed over program as last year."

Frequently we hear statements such as these, and how true they are. It is extremely difficult and almost impossible to plan a program for someone else — yet many of us with the best of intentions do this every day of our lives.

We all plan programs. For an individual or a group, formal or informal, for a minute, a day, a year. Many are fortunate and all goes well, others are not. The most difficult kind of "program planning" is to try to plan for other people. It is like a doctor giving a prescription without knowing the patient. Immediately we would say, that's impossible, yet many of us do the same thing regularly and wonder why "the patient" doesn't readily accept the program and enthusiastically participate. The crux of the matter is — the program isn't what is wanted or needed.

Voluntary organizations, farm and home groups, churches, educational institutions and political groups all share the same problem.

We become especially concerned about our programs. First when an organization appears "sick", membership wanes and interest falls. Secondly when major changes in policy of an institution or organization require a change.

It is easy to plan a program for others but frequently this program isn't accepted — it is not what the members want. We see many examples of this every day.

The best people to plan a program are the people themselves. They must decide what they want. A program planned to suit their needs and organized by the members themselves will be more effective. However, this is the most difficult type of planning to do, it requires more skills and requires time. There will be conflicts and differences as to their needs and wishes, but these can be resolved in the planning stages.

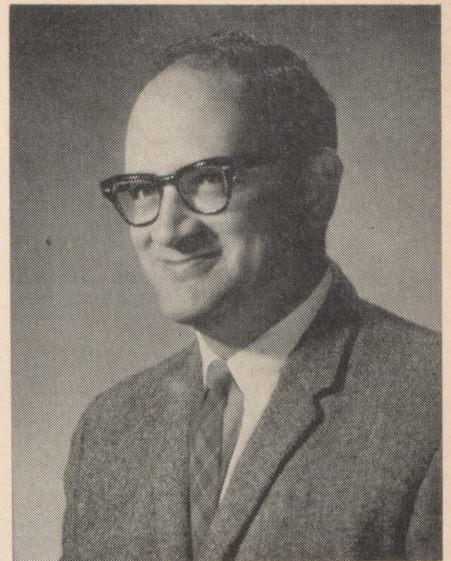
If we wish to take part in interesting programs then it is not sufficient to say, "The program planned for us was not interesting." We must be prepared to participate in the planning stages of a program and provide constructive ideas that will help build a good program.

People in leading positions must listen and cater to the needs and wants of the group. Members must be interested and involved in the planning. If your group feels the need of a better program — recognize this need. Be honest and face the problem squarely. Be prepared to listen to members, seek advice from others and take an active part in planning a program for your group.

guest editorial
by Galen Driver

A NEW SERVICE FOR AGRICULTURE

THE MACDONALD COLLEGE FEED TESTING SERVICE



DR. E. DONEFER

by Dr. E. Donefer,

Dept. of Animal Science

Another service for Eastern Canadian farmers has come into existence with the establishment of the Macdonald College Feed Testing Service. Laboratory analysis of feeds in many parts of the U.S. has become an important aspect of developing sound feeding programs for on-the-farm use. This service has made it possible to utilize the latest information available on animal requirements to devise feeding programs which are designed to supply all the nutrients needed by the animal for efficient production.

The Macdonald College Feed Testing Service will be of particular importance to dairy farmers, as a major emphasis of the laboratory analysis is to accurately estimate the nutritive value of farm-produced forages. Knowing the feeding value of the hays and silages which form a predominant portion of the dairy cow's ration, will enable a more accurate estimate of how much supplemental grain (concentrate) mixture must be fed to each cow in order that it will produce maximum levels of milk. The forage evaluation aspect of the Feed Testing Service will be novel in that it will utilize research laboratory techniques which have been developed at Macdonald College over a 10-year period. While results of the forage evaluation research conducted in the Nutrition Laboratory of the Department of Animal Science have appeared over the years in different scientific journals, the Feed Testing Service will for the first time make use of these laboratory proce-

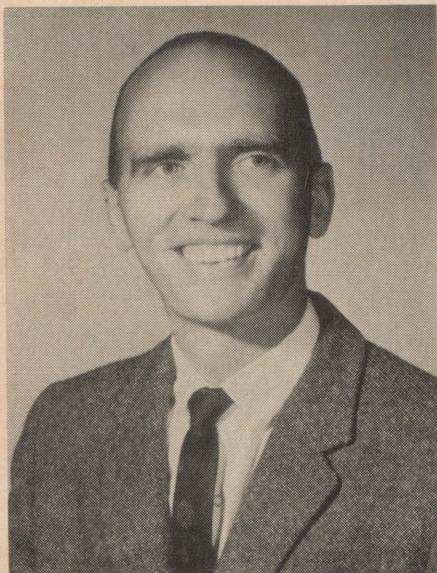
dures for providing farm feeding programs.

The Feed Testing Service will involve sampling of forages on the farm by DHAS (Dairy Herd Analysis Service) Supervisors. Sampling of hay requires special equipment in order to obtain representative samples and all DHAS supervisors will be equipped to take samples during their regular milk sample-collecting activities which at this time take them to over 350 farms in the province on a monthly basis. After samples are delivered at the College, they will be finely ground and then undergo different analysis. The protein content of all samples will be determined and in the case of silage and haylage, moisture content as well. All forages will undergo a nutritive value test during which the sample will be treated with various chemicals (dilute hydrochloric acid and the enzyme "pepsin"). The results of this test will be used to calculate a "quality code" which is a measure of the nutritive value of the forage. All the laboratory results will then be used in the development of a recommended feeding program for the particular farm involved. DHAS members who already receive feeding recommendations as part of that program, will have the results of the laboratory analysis incorporated into their computer-calculated monthly reports.

Cost of the Feed Testing Service will be \$5.00 per sample (\$4.00 for DHAS members) and the service will be in operation as this article is being read. □



Dr. Donefer here demonstrates the technique of taking samples for forage testing. The greater the number of samples, the more accurate the test.



DR. A. F. MacKENZIE

FALL NITROGEN FOR CORN?

By Dr. A. F. MacKenzie,

Soil Science Dept.,

Macdonald College

"If I put on nitrogen fertilizer now will the nitrogen be available in the Spring for my corn crop?"

"I spread P and K in the Fall on my pastures but I never touch nitrogen. It will be lost over winter."

"I can get my nitrogen now at a cheaper price along with P and K but I am not sure I want to risk fall applications."

"I am going to try a little fall nitrogen now but I think I will put most of it on in the spring and maybe side dress as well."

These are some of the questions that run through the minds of many of the farmers in Quebec. The revolutionary changes in methods of fertilizer application have caught many of the people "flat-footed" with regards to nitrogen. We have always considered nitrogen was something handled with kid gloves. Nitrate nitrogen is leachable, and can be lost from soils. For instance even if you put nitrogen on corn in the spring you may have to side dress later on for full effect. With pastures we have to keep adding nitrogen over the season if we want to get full production from our grasses.

But the temptation to put nitrogen on in the fall by bulk spreading is irresistible to some farmers. They argue that the lower cost of the nitrogen, the better spreading conditions that

often occur in the fall, and the extra time available in the fall add up to one thing; fall bulk nitrogen applications.

Results in other parts of North America have been somewhat conflicting. In southwestern Ontario researchers have found that it takes twice as much nitrogen if applied in the fall to give the same yield as spring applied nitrogen. Under the Kentucky climate workers indicate fall applications of nitrogen are not as good as spring applications in four out of seven experiments with wheat. Many workers feel that fall-applied nitrogen should be used only where the soils freeze in the winter to prevent nitrification of added fertilizers and the resulting loss of nitrate-nitrogen by leaching. However the possible loss of ammonia forms of nitrogen on freezing may occur as well. In many ways the availability of nitrogen the following year after fall application depends on the temperature over winter, the degree of conversion of nitrogen fertilizers to nitrate and resulting loss by leaching, the amount of leaching that is likely to occur in the soil, and the depth to which roots of the crop the following spring will grow.

The Department of Soil Science has carried out a small number of tests over the past eighteen months to get some idea of the effect of fall-applied

nitrogen on crop growth and on fertilizer-use efficiency. We decided to study three main aspects of N fertilization of corn:

- (1) the effect of time of nitrogen application, either fall or spring
- (2) the effect of rate of application either 50 or 100 lbs./N per acre
- (3) the effect of soil texture on efficiency of fall and spring applied nitrogen.

We cannot conclude too much from one year's study. However there are some interesting ideas that we would like to pass on.

Our experiments were established on an Ormstown silty clay loam, under-drained, and the St. Bernard sandy clay loam (Table 1). Soil porosity was similar at the surface but in the St. Bernard sandy loam the sub-soil was much more open and contained a very large proportion of rock. Thus it was assumed there could be much easier leaching of nitrate-nitrogen in the St. Bernard sandy loam soil. Total nitrogen was very similar in both soils but the Ormstown silty clay loam had a very slightly wider C:N ratio: 13.7 compared to 11.1 for the St. Bernard sandy loam.

We found that for the low nitrogen rate, spring applied nitrogen was superior to fall applied nitrogen at both sites, as far as nitrogen uptake in the plant was concerned. However, at the high rate of nitrogen application there was less difference between fall and spring applied fertilizer. Statistical "hocus-pocus" indicated that fall and spring applied nitrogen at 100 lbs./N per acre was the same as for as the uptake of nitrogen into the corn plant was concerned.

However, what about the fertilizer recovery from fall and spring applications? Fertilizer nitrogen recovery in the plant was very low, ranging from -4 to 16%, at the Ormstown silty clay loam site. This is probably because at this site there was no deficiency of nitrogen and corn simply did

not utilize it. It is interesting to note that the spring applied fertilizer nitrogen had a recovery of 13% to 16%, the fall applied nitrogen had a recovery of -4 to 4%. These differences are not large and should not be considered significant. At the St. Bernard sandy loam site, fertilizer recoveries in the corn plants were much higher, and ranged from -9 to 45%. Spring-applied nitrogen again was slightly higher in percent recovery, 39% to 45% compared to 38% to -9%. The higher rates of nitrogen indicated no difference in percent recovery between fall and spring application.

To be comparable however we should consider the nitrogen recovered in the soil as well as in the plant.

When we consider this total recovery we find that the Ormstown site deficiencies range from 20% for the low fall nitrogen application up to 84% for the high spring application. The low spring application was equivalent to the high fall application of nitrogen as far as total recovery in plant and soil was concerned. Thus although the nitrogen was not used by the plant, more of it was found in the soil following high spring application. Whether or not this nitrogen would be available for another years' growth is something we are going to determine in the next few months.

In the St. Bernard sandy loam site, total N recoveries range from -5 to 49%. These recoveries, were very similar for the high fall application and the low and high spring application. The -5% was with the low fall applied nitrogen. The effect of high spring application of nitrogen was not the same for the St. Bernard sandy clay loam soil as compared to the Ormstown silty clay loam.

What does all this mean? Probably that spring applied nitrogen is still the best. However with fall applied nitrogen the losses may not be as great as we once thought. This is particularly true where soils have large residues

to be incorporated. In both soils on which these experiments were carried out there was a fairly large amount of straw incorporated into the soil at the time of fall plowing. The microbial population enthusiastically attacked this straw and in so doing removed much of the soluble nitrate from the soil solution and put it in their body proteins. These were then released at a later date for subsequent crop use.

In fact one of the most interesting observations we made during the study was that the nitrate nitrogen content was much higher in the fertilized soils than we could account for from the fertilizer alone. It seems that the added fertilizer caused an increased microbial activity which caused an increased release of nitrogen from the native soil nitrogen pool. Thus the fertilizer nitrogen had a delayed effect. Added fertilizer nitrogen may trigger off an increased release of soil nitrogen. How long we could get this extra release in any one soil is a matter that requires further study. Can this be done year after year or will the effect gradually wear off?

There are many things that we do not know about fall applied nitrogen. Will it show up as well under other conditions in subsequent years? Is there a tendency for more of the fall applied nitrogen to move down into ground water and perhaps contaminate some of our ground water supplies? What is the effect of the straw residues on nitrogen levels in soils the next year? Do these residues help by absorbing nitrogen when it could be leached or do they hinder by absorbing nitrogen when the crop needs it?

One interesting fact that has come to our attention is that for the Macdonald College soil testing, don't sample your soils in June or July. The nitrogen levels are generally higher at this time and will give a low nitrogen requirement in the fertilizer recommendation. Sampling should take place after August 15th and before May 15th of any one year. □

TABLE 1
SOIL DESCRIPTIONS

Series	Texture	pH	c%	N%	C/N
St. Bernard	Sandy loam	6.7	2.6	.23	11
Ormstown	Silty Clay Loam	5.6	3.4	.24	14

TABLE II
RECOVERY OF FERTILIZER NITROGEN IN THE CROP AND IN THE SOIL

Soil Series	Fall Applied		Spring Applied	
	50 lbs./N.	100 lbs./N	50 lbs./N.	100 lbs./N
I — St. Bernard	percent recovery			
In the plant	-9	38	45	39
In the soil	4	11	-2	8
TOTAL	-5	49	43	47
II — Ormstown	percent recovery			
In the plant	-4	4	16	13
In the soil	24	33	16	71
TOTAL	20	37	32	84

BIRDSFOOT TREFOIL FOR QUEBEC

By Dr. John Bubar,

Nova Scotia Agricultural College

Although birdsfoot trefoil has been grown successfully at many locations in the various agricultural zones in Quebec, we still do not know enough about growing this crop to be able to recommend practices that result in certain success in many areas of this province. Trefoil has caught on with farmers in zone 1 (lowlands of the Montreal region and Ottawa valley) and farmers in this area are generally successful in getting satisfactory performance when they use suitable cultural practices. Successful trefoil fields are less common in other parts of Quebec.

There are many factors that affect the chances for success with trefoil. One of these is the choice of a suitable variety, which is the subject of the present report. Another is the selection of appropriate cultural treatments, which is reviewed in the bulletin "La culture du lotier" by Chamberland and Scott. It is also very important that the cultural or management treatments are fitted to the particular characteristics of each variety, and some of the evidence from Quebec trials that indicates relationships between choice

of variety and specific treatments are reviewed in this paper.

Recommended varieties

There are now only three varieties of trefoil that are licensed for sale in Canada. Each of these is recommended by the Quebec Seed Board.

EMPIRE: This variety traces to a naturalized stand found in an old pasture in the Hudson Valley of New York State in 1934 or 1935. This was one of several stands found in that area at that time. Material was taken to Cornell University, Ithaca, New York, for further study. The Cornell workers were particularly interested in the stock which later was used to produce the Empire variety because of the late flowering characteristic of this stock. They felt this variety would prove valuable as a crop to use in late-maturing hay mixtures. Seed was distributed for trial purposes and some was established in Quebec and Ontario in 1939 and 1940. Since considerable interest developed in the use of trefoil as a pasture crop, and since the Empire variety proved well suited to pasture use, this variety is now frequently referred to as "pasture trefoil". In

comparison with the other two recommended varieties, Empire is slow to establish, slow to initiate spring growth, and late flowering. It is weak-stemmed and develops a more prostrate growth habit under pasture conditions. We have some evidence (Table 1) that it is well suited for use in mixtures with a late timothy variety like Drummond.

Ontario workers have found that Empire is better suited than Viking to poorly drained fields. Empire has been observed to persist well in an area at Macdonald College that was flooded for up to six weeks each spring. The ability to grow on wet land together with its late maturity, which favours delaying haying until the soil gets firmer, contributes to the popularity of this variety for use in wetland hay mixtures.

Empire frequently survives winter conditions which severely injure or kill stands of Viking. Since winterkilling is a critical factor in the production of trefoil in Quebec, this feature favours the use of Empire in preference to Viking. However, winterkilling is not the only factor involved in stand survival. The slower establishment of

The search for better plant varieties is constant. Here Dr. Bubar demonstrates the contrast that can exist between related plants in a breeder's nursery.



Table 1

Performance of Empire, Leo and Viking in association with various grass varieties in a hay trial at Macdonald College. Total seasonal yield as pounds of dry matter per acre.

Mixture	1964	1965
Empire and Drummond timothy	9808	4224
Leo and Drummond timothy	9351	5215
Empire and Climax timothy	9180	4046
Leo and Climax timothy	9594	5615
Viking and Climax timothy	9878	5510
Leo and Saratoga bromegrass	10544	5466

Table 2

Relative yields of Empire, Viking and Leo in replicated yield trials at various locations during the 1960-65 seasons. In each trial, the total seasonal production of Empire was given a value of 100. The yields compared include trefoil plus associated grass (generally Climax timothy).

Hay management (total of 25 crop years)

Location	(Crop years)	Zone*	Empire	Leo	Viking
Macdonald College	(9)	1	100	103	108
L'Assomption	(1)	1	100	104	108
Ottawa	(1)	1	100	105	108
Lennoxville	(3)	3	100	102	106
Thetford Mines	(2)	3	100	108	107
Caplan	(3)	4	100	107	38
Normandin	(3)	6	100	115	103
Kapuskasing	(3)	7	100	114	107
Average (25 crop years)			100	106	101

Pasture cutting treatments (total of 11 crop years)

Location	(Crop years)	Zone*	Empire	Leo	Viking
Macdonald College	(4)	1	100	96	106
L'Assomption	(2)	1	100	90	83
La Pocatiere	(1)	2	100	93	89
Lennoxville	(1)	3	100	104	115
Kapuskasing	(3)	7	100	104	108
Average (11 crop years)			100	97	102

* Zone described in 1966 Crop Recommendations Bulletin

Table 3 Yields (kgs/hectare) and percentage of trefoil in the mixture from plots seeded to a mixture of trefoil and Climax timothy with a series of fertilizer treatments.

Fertilization		Viking	Empire	Leo
(kgs/hectare)				
Check	Hay	517	93	369
	% trefoil	0.4	11.8	12.5
45-90-45 at seeding	Hay	3,938	4,414	4,682
plus 22.5-45-22.5 in 1965	% trefoil	2.3	5.4	10.0
45-90-90 at seeding	Hay	3,343	3,327	4,079
plus 22.5-45-45 in 1965	% trefoil	4.8	12.7	19.5
45-135-90 at seeding	Hay	3,882	4,275	4,295
plus 22.5-62.5-45 in 1965	% trefoil	3.1	9.0	26.7

Empire sometimes results in Empire plants being smaller and weaker than other varieties in the fall so that it has occasionally happened that Empire plants have winterkilled while Viking plants have survived. Early spring seeding is very important with the Empire variety to insure that the plants are well established before the onset of winter. When Empire trefoil is seeded early in the spring and given favourable management to encourage rapid establishment, it is one of the most winter-hardy varieties.

VIKING: This is another variety devel-

oped at Cornell University. It traces to seed introduced from Denmark. Viking is more rapid to establish, earlier to initiate spring growth, earlier to flower, is more erect, and recovers more rapidly after cutting or grazing than Empire.

Viking is well suited to growing in mixtures with Climax timothy rather than with the very late variety Drummond (Table 1). It generally produces three hay or silage cuts in zone 1 of Quebec, while Empire generally only produces two cuts. The hay yields presented in Table 2 indicate that the total

seasonal yields of Empire and Viking are very similar in spite of the additional cutting being obtained from Viking in a number of trials. Table 2 contains the results of one trial in which Viking was much more severely winter-injured than Empire. It is very difficult to obtain a valid comparison of the yielding ability of Viking with that of Empire because of the many different factors which may favour one variety over the other. In general, Viking has the ability to outyield Empire in the absence of winter injury. Management, such as pasturing versus

cutting for hay or silage, influences susceptibility to winter injury and will in turn affect the relative performance of these two varieties.

LEO: Mass selection together with some natural selection due to winter conditions was applied at Macdonald College to a seed stock obtained from Morshansk, Russia, to produce the variety Leo. It has much better seedling vigour than Empire or Viking. This characteristic is probably associated with a large seed size and may depend to a certain extent on conditions in the seed production field. Leo starts spring growth at about the same time as Viking and reaches the hay-making stage a little later than Viking, but earlier than Empire. Leo goes dormant in the fall earlier than either Empire or Viking so that we can expect to realize only two cuts per season. There is some advantage in Leo having the final cutting ready early as the weather conditions are generally more favourable than when the second cut of Empire or the third cut of Viking is ready to be harvested.

The main advantage of Leo is that it sometimes survives winter conditions when Viking is completely killed or when Empire receives a severe setback. There are some comparative trials in which Leo has survived and produced a fair crop when both Empire and Viking have been destroyed. In others, Empire and Leo have both survived and produced satisfactory crops while Viking has been killed. Leo was compared with Empire and Viking in a low, wet area at Macdonald College and it appeared in this trial to be as well suited to these conditions as Empire.

Leo is suited to growing in mixture with Climax timothy. It generally appears better suited to hay-cutting practices rather than the more frequent cutting that we use to simulate pasture (Table 2). Therefore Leo is recommended primarily as a hay trefoil variety.

Choice of variety for specific conditions

The three recommended varieties each have their own specific adaptations to associated grasses (Table 1), cutting frequencies (Table 2) and to other variable soil, climatic and management factors. Much experimental work is still required to determine how best to grow each variety under specific conditions found at various locations in Quebec.

One series of experiments of particular interest was carried out by Mr. L. Jules Archambault at Baie St. Paul. His experiments have involved seeding with or without an oat companion crop, with or without herbicide treat-

ments and under a series of fertilizer treatments. He applied the results of trials seeded in 1961, 1962 and 1963 in which he worked with the variety Empire and designed a trial seeded in 1964 in which the three varieties, Empire, Viking and Leo were compared under a series of treatments. The 1965 results of the trial seeded in 1964 are shown in table three.

This one year of data indicates that the three varieties are quite different in their abilities to respond to fertilizer under Baie St. Paul conditions. The check treatment is very poor. The main difference between the three fertilizer treatments is that Leo contributes a much higher percentage to the total hay at the higher rates of phosphorus and potash than does Empire. Viking contributed little at any level of fertilization. This experiment, together with the three previous trials using only the Empire variety, indicates that trefoil requires adequate fertilization if successful production is to be obtained under Baie St. Paul conditions. He demonstrated good responses to rates of up to 40 pounds of nitrogen per acre in the seedling year as well as responses to phosphorous and potash.

Other varieties

(not licensed for sale in Canada)

Many varieties and strains of birds-foot trefoil have been tested in observation trials at Macdonald College. Most have been eliminated from further testing due to winterkilling. The species known as big or marsh trefoil survives very few winters. Various strains of narrow leaf trefoil (*L. tenuis* Waidst et Kit) have been examined. The hardiest of these appear less hardy than the variety Viking. Two varieties of broadleaf trefoil that were developed in the northwest U.S.A., named Cascade and Granger, have been found to be severely winterkilled in Quebec.

Varieties and strains that survive winters well enough to be of interest, but which are not licensed for sale in Canada for various reasons, are the following:

TANA, developed at the Montana State University. This variety appears equal or slightly superior to Viking in Quebec trials. At present, lack of seed production makes it impractical for this variety to be licensed and recommended in Quebec.

MANSFIELD, from the University of Vermont. It is very similar to Viking but seed multiplication has not been sufficient to justify adding this to the list of varieties available to us.

ROSKILDE is a Danish strain that is another possible alternative to Viking, but present seed prospects do not justify recommending this strain.

IOWA EMPIRE is an Iowa strain of Empire that does not differ from Empire in our trials.

FARGO is also very similar to Empire in our trials.

DAWN, from the University of Missouri, is a reselection of Empire that is resistant to some root rot diseases. It was seeded in trials in Quebec for the first time in the spring of 1966.

WALLACE was multiplied at Nappan, Nova Scotia, from material collected from a naturalized stand near Wallace, Nova Scotia. It was entered in our 1966 seedings.

M.C.-H is a breeding stock developed at Macdonald College out of an introduction from Russia. In preliminary trials it has exhibited superior seedling vigour, good winter survival and has a growth and flowering pattern similar to Viking.

M.C.-F is another breeding stock developed at Macdonald College out of a Russian stock. The only feature noted so far is a possible superior winter survival.

SASKATOON COMPOSITE is a breeding stock resulting from work at Saskatoon, Saskatchewan.

The last five strains listed are ones that are currently being extensively tested in Quebec. □

NECROLOGY

With sympathy, the death of William Kalbfleisch on June 18, 1967, in Ottawa, Ontario, is recorded.

Mr. Kalbfleisch was Chief of the Engineering Research Service, Research Branch Canada Department of Agriculture, Ottawa, Ontario. He was born in Saskatchewan and obtained his Bachelor's degree in Agricultural Engineering at the University of Saskatchewan and his Master's degree at Cornell University. He taught on the staff of the Agricultural Engineering Department from 1937 to 1941.

Mr. Kalbfleisch joined the Canada Department of Agriculture at Ottawa in 1941 as a research engineer with the Field Husbandry Division, Experimental Farms Services. He subsequently became senior engineer of the division and upon the formation of the Research Branch in 1959, he became Chief of the Engineering Research Service. He is survived by his wife, the former Rosalind Grace Shaw, and by a daughter, Jane.

THE FAMILY FARM

PUBLISHED IN THE INTERESTS OF THE FARMERS OF THE PROVINCE
BY THE
QUEBEC DEPARTMENT OF AGRICULTURE AND COLONIZATION

Compiled by T. Pickup of the Information and Research Service,
Quebec Department of Agriculture and Colonization.

This month in the **FAMILY FARM**

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PHOTOGRAPHS BY
OMER BEAUDOIN

MR. GUY COULOMBE APPOINTED COORDINATOR OF ARDA PILOT PROJECT

Mr. Clément Vincent, Minister of Agriculture and Colonization, who is also responsible for the application of ARDA agreements in Quebec, has announced the appointment of Mr. Guy Coulombe as coordinator for carrying out the plan for developing the Lower St. Lawrence, Gaspé and Magdalen Islands region. Mr. Vincent emphasized that Mr. Coulombe's appointment confirms the government's intention to do its part in implementing the Eastern Quebec Planning Bureau's design. In this, Mr. Coulombe will play a key part by coordinating all the activities required to implement the Plan for this pilot territory.

As regional delegate for the Plan he will also preside over the regional administrative conference made up of the coordinators of the various government departments involved in carrying

it out. He will be directly responsible to the Executive Council of Quebec.

Since 1966 Mr. Coulombe has been head of the Regional Development Research department, a unit formed within the Quebec Economic Advisory Council to study problems connected with the development of the different regions and to prepare the programme for implementing the Plan for the pilot territory.

As chief organizer for the Eastern Quebec Planning Bureau, Mr. Coulombe was in charge of the team which drew up the Plan. He is a Bachelor of Social Science and Master of Arts (Sociology) of Laval University, has studied the sociology of economic development at the University of Chicago, held a Woodrow Wilson National Foundation fellowship, and taken part in a socio-economic survey in Central America. He is thirty-one.



Dinner time on a farm in the Lower St. Lawrence region. Mrs. A. Albert Pelletier of Luceville, Rimouski, with Clément, Georges and Aline. Mr. Albert Pelletier is striving to increase the yield of his 115-arpent farm.



This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture and Colonization.

Crossbred beef cattle by a purebred Hereford bull owned by Mr. Gérard Tardif of Ste-Julie, Megantic County.

SUBSIDY FOR THE PURCHASE OF PUREBRED BULLS

In order to help Quebec farmers acquire high-quality purebred bulls, the Department of Agriculture and Colonization offers special assistance, at the following rates, to those purchasing breeding bulls of good pedigree:

SUBSIDIES

A - BULLS OF DAIRY BREEDS

- 1 - Less than one year old and out of qualified dams by sires classified "Good" or "A" or better \$20
- 2 - Aged 12 to 18 months, after inspection and recommendation by an official representative of the Department if the regulations of the breed do not permit classification before the age of 18 months 30
- 3 - Classified "Good", "Good Plus", "A", or "A Plus" 45
- 4 - Classified "Very Good" or "AA" 60
- 5 - Classified "Excellent", "AAA", or the equivalent 75

B - BULLS OF BEEF BREEDS

Following inspection and rating, prior to purchase, by an official representative of the Department, according to the percentage of points scored on a special score-card:

- 1 - Less than one year old with a score of at least 85%\$20

- 2 - One year old or over with a score of at least 75% 45
- 3 - Eighteen months old or over with a score of at least 60% 60

REGULATIONS

C - The purchaser must:

- 1 - be a farmer and operate a farm independent of the vendor's farm;
- 2 - reside in an area which is not within the territory served by an artificial breeding club, unless the bull and the herd for which it is intended are beef-type;
- 3 - not have received the Department's grant for the purchase of a bull within the past 30 months;
- 4 - in the case of an animal less than one year old, produce satisfactory proof that its sire has been classified "Good" or the equivalent, or better;
- 5 - in the case of a bull old enough to be classified, produce the official certificate of classification, unless the class is stated on the regular registration papers;
- 6 - produce the purchased animal's certificate of registration and transfer;
- 7 - submit an application for the subsidy to the agronome's office not later than three months after the purchase.

D - The purchased bull must:

- 1 - if it is of dairy breed and old enough to be classified, have been officially classified on the vendor's farm prior to its purchase and possession by the buyer: however, if the animal is between 12 and 18 months old, the provisions of article A-2 above will apply;
- 2 - if it is of beef breed, regardless of its age, have passed the inspection referred to in paragraph B;
- 3 - be kept in the same herd for at least two consecutive years, provided that it continues to prove satisfactory. If it is sold for breeding purposes before the two years have expired, no subsidy will be paid to the new purchaser.
- E - No subsidy will be paid in the case of exchange or of purchase for any other purpose than breeding.
- F - No purchase subsidy will be paid if the bull is to serve the buyer's herd and the vendor's herd at the same time.
- G - These regulations supersede the previous ones and will remain in force until further notice.

The Deputy Minister of Agriculture and Colonization

ROMEO LALANDE

QUEBEC, April 1st 1967.

SPECIAL AID FOR THE PURCHASE OF PUREBRED HEIFERS

In order to encourage the formation of new herds of high-quality cattle in all parts of the Province, the Department of Agriculture and Colonization offers special assistance for the purchase of registered heifers to farmers who do not already raise purebred cattle but have the necessary capacity and desire to build up and maintain a purebred herd.

REGULATIONS

A - THE PURCHASER MUST:

1. be a farmer who is not already a recognized breeder a purebred cattle but is, in the opinion of the county agronome, qualified to raise purebred stock;
2. acquire at least four registered heifers in the first year and at least two a year in each of the four following years, all of the same breed;
3. produce the following official documents at the agronome's office:
 - a) a certificate of registration for each heifer showing her transfer to his ownership;
 - b) a certificate of classification for each heifer according to

her sire's type, if the breed has such a classification;

- c) in the case of dairy breeds, an official certificate of the dam's production as stipulated in article B-4 below.

B - THE HEIFERS MUST:

1. be purchased from healthy herds through the agency of the county agronome or his representative or FOLLOWING THEIR APPROVAL:
2. be registered in the herd book of their breed and transferred to the purchaser's name;
3. be not less than two months nor more than two years old at the time of purchase.
4. if of dairy breed, have been begotten by parents duly qualified according to the standards of their breed association (i.e. be sired by a bull officially rated "Good" or "A" or better on a dam with an officially supervised production equal to the B.C.A. of her breed or better) and be submitted to official production recording or postal cow testing from the start of their first lac-

tation.

5. if of beef breed, have made a score of at least 85% in an inspection by an authorized agronome, according to a score-card approved for the purpose by the Department;
6. not have been previously subsidized by the Department of Agriculture and Colonization.

C - SUBSIDIES:

1. \$25 per heifer with a maximum of \$200 per farmer in any one year;
2. will be paid once a year during not more than five consecutive years to an eligible farmer;
3. applications must be approved by the county agronome and sent to the Animal Productions Division not later than three months after the purchase of the last heifer in the year.

This policy replaces the previous one and will remain in force until further notice.

The Deputy Minister of Agriculture and Colonization

ROMEO LALANDE
QUEBEC, April 1st 1967.

This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture and Colonization.

AID FOR THE PURCHASE OF PUREBRED REGISTERED BULLS FOR HANDICAPPED REGIONS

The Department offers duly qualified settlers the following benefits:

1. payment of 50% of the purchase price of a bull, the Department's contribution not to exceed \$200;
2. payment of the cost of shipping the animal by rail and delivery to a central point in the beneficiaries' parish as one of a carload lot;
3. selection and purchase of the animals by specialists.

REGULATIONS

4. Every settler established on a lot under location ticket and farming it

on his own account may qualify for this assistance.

5. Placement of animals will be based on needs.
6. No application will be approved unless an investigation by an authorized agronome has shown that the applicant is capable of feeding his animals well and properly managing a beef-raising enterprise.
7. If the Department is unable to provide the animal ordered, its liability shall be limited to refunding the applicant's contribution.
8. The applicant must undertake to:
 - a) follow the instructions of the responsible agronomes with re-

gard to the management, breeding, and feeding of the herd;

- b) keep the bull for breeding purposes for at least three years, unless the agronome gives written authority to the contrary, with his reasons, or unless the beneficiary repays 75% of the purchase price less his own contribution.

These regulations will remain in force until further notice.

The Deputy Minister of Agriculture and Colonization

ROMEO LALANDE
QUEBEC, June 20th 1967.

SUGAR, FAT AND CORONARY THROMBOSIS

Recent research may have interesting implications for the dairy industry.

Recent research tends to link coronary thrombosis with a high level of sugar in the diet rather than with a high intake of fat, according to John Yudkin, Professor of nutrition at the University of London. He does not expect everyone to agree with him that the evidence incriminating sugar in this disease is now more convincing than that which incriminates fats; but he believes most people will agree that the tremendous research over a dozen years or more into the theory that the major cause of coronary thrombosis is a high intake of fat has failed to establish it conclusively, and that — if for no other reason than this — the hypothesis that a high intake of sugar is a major cause deserves to be tested by equally intensive research.

Professor Yudkin points out that coronary thrombosis is a disease of affluence, being commoner in the wealthier countries than in the poorer, and that it has increased enormously during the past 50 or 60 years. Hence he believes that in seeking for its cause we should do well to examine the factors that are associated with affluence. This can be done in two ways: by studying the changes which have taken place in countries as their wealth has increased, and by comparing the situation in populations that have now attained different degrees of wealth.

Changes that have taken place in affluent countries during the past century include the invention and rapid spread of machines, materials, and processes that have tremendously reduced the amount of physical activity required. In the factory, there has been a great reduction in working hours and a great increase in devices lightening work. In the home, the use of modern detergents, stainless steel, washable surfaces and fabrics that require less laundering and ironing, and the introduction of washing machines, vacuum sweepers, pre-packed foods, refrigerators and smokeless fuel have likewise reduced the physical effort expended by the housewife. The automobile, radio and television also contribute to the characteristics of modern society that have turned *Homo sapiens* into *Homo sedentarius*. One of the effects of all this is an increase in prevalence of obesity. Another is that, even if he does not put on weight, sedentary man has a greater chance of developing coronary thrombosis than the man who is more active.

A second accompaniment of increased affluence has been a great increase in cigarette smoking. With all the talk about cancer and smoking, it is not

generally known that recent statistical studies have shown that the cigarette smoker has a greater chance of having an attack of coronary thrombosis than the non-smoker. However, the most controversial of the changes that may be related to the causation of the disease are the changes in our diet.

In this connection, it is useful to consider first the long-term changes. Palaeontological research indicates that man's early ancestors were meat eaters and that his early diet was usually rich in protein, moderately rich in fat, and rather low in carbohydrate. This situation is thought to have prevailed until about 10,000 years ago.

From being a hunter and food gatherer, man then became a food producer. He discovered agriculture, first by finding cereals and then other vegetables that he could grow and animals which he could domesticate. He became largely dependent on starch-rich cereals, roots and tubers. Meat and other animal products became something of a luxury (as they still are in many parts of the world).

After the agricultural revolution, man's food did not undergo any fundamental change until less than 200 years ago. The technological developments that marked the beginning of industrialization also affected the production, preservation and distribution of foods. The effects were two-fold. First, it now became possible to produce foods more cheaply, and to make many of them available irrespective of their geography and season. Secondly, food technologists began to be able to make foods that were palatable, irrespective of nutritional value. The most important item that contributed to palatability was sugar. Advances in genetics, engineering and chemistry rapidly reduced the price of sugar from the middle of the eighteenth century onwards, and the food processor became more and more adept at incorporating sugar into old and new types of foods so that they became increasingly tempting.

During the past 200 years in Britain, sugar consumption has increased twenty-five-fold, from an annual average of 5 lb in 1760 to about 25 lb in 1860 and 120 lb in 1960. Thus, we now eat in a week the amount of sugar our forebears of 200 years ago ate during six months. We also eat somewhat more protein, and a good deal more fat, but the increase is much less than that of sugar. For example, it has been shown that fat consumption in the United States has increased only 12 per cent since the end of the nineteenth century, whilst sugar consumption has more than doubled.

The same sort of differences exist

today between the wealthier and the poorer countries as between eighteenth century and twentieth century Britain. People in the poorer countries still carry out much more of their work in ways that involve physical exertion. They also smoke very much less. Their diets are different in that as one moves from the poorer to the wealthier countries, there is a moderate increase in protein consumption of rather less than two-fold, and an increase of fat consumption and sugar consumption of five-fold or more. There is little difference in total dietary carbohydrate, since the greater intake of sugar with greater wealth is matched by a lower intake of starch from cereals and root vegetables.

At this point, we can say that epidemiological studies have shown that increasing wealth, both in time and between populations, is accompanied by an increase in the incidence of coronary thrombosis and also in changes in diet in which the chief feature seems to be an increase in fat and more particularly an increase in sugar. It has generally been held that the available evidence points especially to a close relationship between the disease and fat consumption. There are however several exceptions both over time and between populations.

In terms of trend, recent Yemeni immigrants into Israel have little coronary thrombosis but those that have been in the country 20 years or so become prone to the disease. The major change in their diet is a considerable increase in sugar; the increase in fat is small.

In terms of comparisons between populations, we have two relevant examples, from East Africa and from the island of St Helena. The Masai and Samburu tribes of East Africa have almost no coronary disease though they take a great deal of fatty meat and milk. It has been suggested that their immunity to coronary disease in spite of this high fat intake arises from their high physical activity. If this were so, one would also expect to find a low incidence of the disease in St Helena where the islanders are also physically active; in addition, they eat much less fat than the East African tribes. Yet in fact, they suffer quite considerably from the disease. The only obvious difference between the islanders and the East African tribes is that the former have a high sugar consumption, whilst the latter have a low sugar consumption.

This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture and Colonization.

tion. There seems to be no exception to the generalization that the incidence of coronary thrombosis in populations is proportional to their sugar consumption, though since the disease takes 20 or 30 years to develop, it will be related to long term levels of sugar consumption rather than to recent changes.

Although these epidemiological studies between populations clearly point to sugar rather than to any other dietary factor, they may reveal nothing more than a coincidental relationship. More direct evidence can be gained by studies within populations. That is, one looks for differences between individuals that develop coronary thrombosis and those that do not. It is such studies that have revealed for example that the sedentary person and the cigarette smoker are more liable to develop the disease, as we said, than the physically active and the non-smoker. Dietary studies in America have revealed that men developing the disease have a diet that does not differ from the average in terms of protein or fat or type of fat or total carbohydrate. Sugar consumption was not separately measured in this work, although it was found that the patients with coronary disease took more cups of coffee. In our own studies, we found that coronary patients took more cups of tea; they also took more sugar in each cup, as well as more sugar-containing foods. Moreover, statistical analysis revealed that irrespective of the number of cups of tea, it was the amount of sugar consumed that was associated with the disease.

But much still remains to be done in order to identify the mechanisms by which sucrose may produce the disease processes leading to coronary thrombosis. The most practical question that still remains to be answered is whether a reduction in sugar in our diets will reduce our chances of developing the disease. The only experiments of this sort that have been conducted so far are those in which patients that have survived an attack of coronary thrombosis have been put on diets in which saturated fat has been reduced, and polyunsaturated fats increased. So far, negative results have been reported in some of these experiments, and positive results in one or two others. In the latter case, it turns out that not only have the diets been changed in the amounts and type of fat, but they have also involved a reduction of sugar. □

This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture and Colonization.

MEETING OF MINISTERS AND DEPUTY MINISTERS OF AGRICULTURE

The Minister of Agriculture and Colonization, Mr. Clément Vincent, was host to the ministers and deputy ministers of the provinces during their conference held at the Château Champlain in Montreal from July 31st to August 5th.

This "summit" Canadian agricultural conference has become an annual event enabling the members of the various provincial delegations to familiarize themselves with the problems of other provinces and seek solutions for questions of common interest. The conference is held in each of the provinces in turn, last year's being held in British Columbia.

On the first day, Mr. Vincent was elected chairman, and farm income — the main theme of the meeting — was discussed, the delegates being aware that this matter had lately been the topic of special meetings in a number of provinces, notably at a conference held at Kemptville, Ontario: Mr. Vincent pointed out that Quebec is due for a report on this subject by its Royal Commission on Agriculture within a few months.

Those attending the opening meeting considered different aspects of the farm income problem including: education of farmers, the need for an adequate farm management programme, marketing policies, and the role of farm credit and ARDA plans.

The delegates agreed on the absolute necessity of setting up a thoroughly coordinated federal-provincial programme. In view of the forthcoming establishment by the federal government of a comprehensive programme of research into all of Canada's agricultural problems, the ministers and deputy ministers requested that farm income be made the subject of a special discussion on the third day of the conference, when Mr. J. J. Greene and his advisers would be present.

On the second day, the delegates discussed a number of matters including the report of the Carter Commission on taxation and the inter-provincial trade in farm products. They queried some of the Carter report's proposals — in particular its recommendations for a different method of calculating depreciation for tax purposes, and for a new income-tax form — in view of the repercussions these changes might have on the agricultural economy.

The meeting decided to continue to support the Canadian Agricultural Research Council which was set up as an

independent body in 1961 and is financed jointly by the federal and provincial governments, agricultural associations, and commercial agricultural concerns: the delegates expressed the hope that the commercial interests would continue their support.

A request was received from the Canadian Council on 4-H Clubs concerning a possible increase in scope of the 4-H Council's activities, programme, and budget for the coming year.

Considerable time was spent in studying the problem of marketing and the closely linked question of inter-provincial traffic in farm products. It was pointed out that there are now more than 100 agricultural marketing boards or commissions in Canada. The delegates tried to find a means of coordinating the efforts of these different groups in order to achieve the most effective possible system of marketing in the common interests of farmers in all the provinces.

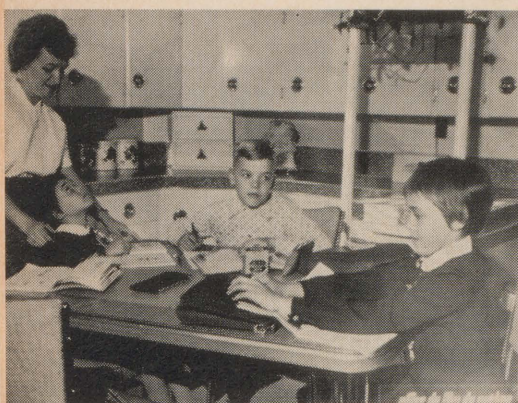
On the third day of the conference, the agricultural ministers and deputy ministers of the provinces were joined by Mr. J. J. Greene, his deputy minister, Mr. S. B. Williams, and Canada Department of Agriculture officials.

The first topic of discussion was the proposed Task Force on Agricultural Policy to be established by the federal government. Constructive suggestions were considered regarding the procedures and terms of reference to be followed by the Task Force.

There was recognition of the joint jurisdiction in agriculture between the federal and provincial governments. It was agreed that the conference would establish an inter-provincial continuing committee, representative of all provinces, whose responsibility it would be to consult on a regular basis with the Task Force. The committee is to be comprised of five members representing the Atlantic Provinces, Quebec, Ontario, the Prairies, and British Columbia. In consulting with the Task Force it will review developments, offer suggestions and guidance to it, and keep the provinces informed about the progress of its work.

The necessity of regular and frequent consultation with farm organizations and other interested groups was emphasized throughout the discussions. It was agreed by the Conference that the fundamental consideration was that of adequate farm income in the present period of rapid technological change. □

CENTENNIAL 4-H CONFERENCE



Getting off to a flying start with a good education: Linda, Normand and Johanne with their mother Mrs. Roger Lemire of St-Grégoire, Nicolet.

Twelve young people from different parts of Quebec joined delegates from the other provinces at a 4-H conference held at the "Domaine de l'Esterel" in the Laurentians from the 5th to the 12th of August 1967.

The conference was organized by the Canadian Council on 4-H Clubs with the moral and financial support of its members to enable twelve young people from each province to meet and

study together constitutional and other problems facing the Canadian Confederation.

The celebration of the centennial of Confederation was an occasion for these young people to examine the rôle they have played up to now in the development of Canada and to consider the part they ought to play in the Canada of tomorrow.

Dr. J. M. Nesbitt, who holds degrees from the University of Manitoba and the University of Ohio, was responsible for the detailed arrangements of the conference in conjunction with Mr. James D. Moore, the director of the Canadian Council on 4-H Clubs and also acted in an advisory capacity.

The following is a list of the young people who were chosen to represent Quebec at the conference following an elimination contest:

Christiane Nichols, La Présentation, St-Hyacinthe;
Albert Léger, St-Zotique, Soulanges;
Robert Rodger, R.R. No 2, Lachute, Argenteuil;
Alain Côté, Rang No 2, Ste-Croix, Lac St-Jean;
Nicole Julien, rang de l'Enfant-Jésus, Pont-Rouge, Portneuf;

Gilles Lehouillier, Ste-Marguerite, Dorchester;
Stella Laliberté, R.R. No 2, Stanstead;
Julien Lépine, St-Alexis, Montcalm;
Michel Bernier, Princeville, Arthabaska;
Normand Drolet, Ste-Catherine, Portneuf;
Mona Descoteaux, St-Grégoire, Nicolet;
Francine Chouinard, St-Epiphan, Rivière-du-Loup.

Jean Martin of Ste-Croix, Lake St. John is a keen member of a Young Farmers' Club. Here he is teaching his Holstein heifer the rudiments of deportment for the coming show.



BARBERRY ERADICATION

The program to eradicate common barberry in Ontario and Quebec, begun in 1964, is to be continued this year and in 1968.

Extension of the program, originally scheduled to wind up by the beginning of 1967, is necessary because the barberry has been found in much heavier concentrations and over a considerably wider area than anticipated in 1964, say officers of the CDA Plant Protection Division who are co-ordinating the survey and spray operations carried out by provincial crews.

Under the program, the federal government pays half the cost of eradication work in the two provinces.

The extension to the program also will permit a check to be made of regrowth throughout the areas sprayed earlier, Plant Protection officers explain.

Common barberry poses a serious danger to oat and other cereal crops because it is host to organisms that create new races of rust. Scientists are unable to breed new resistant cereal

varieties quickly enough to meet new races generated by barberry.

The importance of destroying the shrub was underscored last summer with the discovery of a new race of oat stem rust in a barberry area not yet covered in the eradication program. The area was located near the Ottawa River at Plaisance, Que. Even the wild oat species Sala, resistant to previous rust races, is susceptible to the new one. The development is of special concern to plant scientists at the CDA Research Station in Ottawa where genes from Sala are being used in some experimental work aimed at improving the rust-resistance of commercial oat varieties.

With the exception of some isolated bushes in rural districts and plantings in a few urban areas, barberry eradication work has been completed in all areas of Ontario east of Toronto.

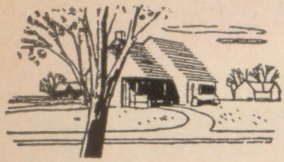
Eradication has been slower in the areas west of Toronto due to the heavier and more widespread concentrations of common barberry and, in

some instances, to difficult terrain. Despite this, it is estimated that 60 per cent of the barberry in the western areas had been treated by the end of 1966.

The success achieved by the program so far is evidenced by the decline in the number of races of stem rust found in oats in Ontario — from 10 in 1964, to six in 1965, and to three last year.

In Quebec, where an estimated 20 per cent of the barberry has been treated so far, spraying operations were carried out last year in an area at Ayer's Cliff in Stanstead County, and in areas near the Ottawa River around Grenville, Stonefield, Argenteuil, Watson, and Cushing in Argenteuil County. A survey in the Frelingsburg district showed a heavy concentration of barberry and this area will be included among those sprayed next year.

This page supplied in the interests of the Family Farm by the Quebec Department of Agriculture and Colonization.



THE BETTER IMPULSE

News and Views of the Women's Institutes of Quebec

W. I. CENTENNIAL PARTY

Anyone who was outside the Legion Hall in Brownsburg on Aug. 9th and thought that they had stepped back a hundred years in time can relax, they were only seeing the Argenteuil WI members arrive for their Centennial Party. A hundred and forty members from all over the County turned out for the event. Many were in the costumes of 1867, with their hoops, bustles, flowered hats and bonnets; the odd fancy petticoats seen as the ladies made their way up the steps.

After a few words of welcome by Mrs. Charles Hall, County President, the party mood was set with the singing of 'The Maple Leaf Forever'. This was followed with a program full of oldtime entertainment supplied by the Branches.

First on stage was the Brownsburg group with their Brass Band led by Mrs. Cowley. Many old familiar tunes were ably huffed and puffed out. Mrs.

Enlow then gave a humorous reading of hints to any would be travellers.

Dalesville-Louisa Branch presented a skit called "Aunt Betsy's Party" depicting the time when the 'Music Box' was the center attraction; cylinders of the ever popular Harry Lauder were heard; then such rousing old games as 'A pig in the parlor' and 'Say my love will go to Boston' were played. As per usual the party came to an end with one of the gentleman selling his 'good and faithful old horse Sparkplug'. Frontier Branch were next and the audience had the pleasure of hearing a solo by Mrs. Carl White. Mrs. L. Plummer and Mrs. J. Heatlie jr., then took part in a humorous skit called 'Sweetie Pie'. Mrs. Gordon Davidson of the Lachute Branch then gave several beautiful and inspiring readings. These were followed by Mrs. C. W. P. Baugh of Lakefield, reading 'Who will

take Grandma'? Mrs. Day, Past President of Morin Heights W.I., spoke briefly and it was with regret that she told of the discontinuation of her Branch. Next on the program was a trio of ladies from Pioneer Branch. Mrs. Parker, Roger and Thompson, accompanied by Mrs. Taylor sang several old familiar songs. Last but by no means least, were the 'Corn Bores' from Upper Lachute-East End who set all toes a-tapping and hands a-clappin' with their old time music and songs.

Brides and more brides were seen in the lovely slides shown by the Brownsburg Branch of their Bridal Fashion Show held in the spring. Delicious refreshments were served at which time many old friendships were renewed and new ones made. Thus bringing to a close a most enjoyable evening, when without a doubt many hidden talents were revealed.

PUBLIC BENEFIT BY CENTENNIAL PROJECT

The members of the Granby Hill Women's Institute have felt for some time that there should be a free picnic area for the use of the public near the City of Granby, therefore when Centennial Projects were discussed the Picnic Area was first on the list.

A Centennial Committee was formed who obtained a site from public minded citizens on the Granby-West Shefford Highway about a mile out of Granby.

The Work Committee were authorized to buy materials and the husbands, sons and friends of members made picnic tables, cleared the site and erected a sign. These tables, garbage cans and signs are painted in Women's Institute colors of Blue and Gold and also bear the Women's Institute Crest.

The Provincial Roads Department have been contacted and have promised to erect Standard Picnic Area Signs.

The Women's Institute have made arrangements to have the

garbage cans emptied and the Site cleaned and the grass cut.

The members of the Granby Hill Women's Institute are watch-

ing with keen interest the use being made of the Site and are prepared to add additional tables if necessary.



Among those present when the Picnic Area was officially opened on Saturday by the Granby Women's Institute were members of the Centennial and Work Committee. From left to right: Mrs. Reginald Robinson; Mrs. E. J. Coupland; Mrs. T. Robinson; Mrs. Norman Coupland, County President; Barbara Shanks; Mrs. S. Shanks; Mrs. E. Ossington, President, Quebec Women's Institutes; Mrs. John Sanborn; Mrs. George Payne and Miss M. Sanborn.

Tweedsmuir Poetry Contest

These were judged provincially first and the following are the prize-winners. The first two winners were sent for the national competition and Mrs. Cass received Honorable Mention.

PIONEERS

*A hundred years is but a step in time,
Our country looks back in its prime
To all the people, from different parts
That came, with nothing but their
hearts,
To work and breathe once more,
The air of Freedom lost in some far
shore,
To a humble village and quiet farm,
Where men could live without fear
or harm.
And the people knew this land, Canada.
And always there the threads of steel,
Drawing like magnets, the turning
wheel
Taking them onward and ever west,
To their place of dreams, and with the
best
Of wheat, turned the prairie land to
gold,
Intermingling forever the new and old.
Mountains and rivers were all surpassed,
Linking the East and West at last.
And the people knew this land, Canada.
Mrs. H. L. Cass, Beebe, W.I.*

THIS LAND OF OURS.

*A thousand years ago the Norsemen
found this land of ours,
From across the Atlantic seas they
came to look and wonder.
Then others came to fish its seas and
saw its land, and stayed.
From thence we spread across the land,
Quebec, the Great Lakes, the Prairies
in the West,
To the mountains reaching up white
faces;
To the sea with soft breezes and gentle
rain;
To the North, with its desolation and
its cold.
We fought our neighbours to the South,
We loved them too and shared our
hearth.
We built our cities, made our laws
But in all these we were apart, with no
voice of strength,
No sense of power — of authority.
A hundred years ago today
The concept of one nation, strong and
free, was born.
In Charlottetown we met to implement
our plan;
To wield our separate into one, yet
still apart;
To have an identity, but still be of
one whole.
Throughout the years this land has
striven*

*To hold and shelter all who came
Seeking freedom from those who tyrannize;
To plough its land, to build a home and
bear its sons;
To cut its timber, reap its grain and
die its gold.
In all the world our name is known
For justice, freedom, opportunity for
all
Let us guard our name from all who
seek
To use it for private gain. Who say
one thing
Yet turn and spurn the same when
pressure brings.
Who seek to separate by faith and
tongue and skin;
Who do not care for those with less;
Who hold our principles for naught;
Who would destroy the all for which
our fathers fought.
God give us grace to strive and win
and make our Country one
That men, a thousand years from now,
will guard
With love and honour and humble
pride.
Let them look back and find the thread
that runs through all our history
The thread our fathers wove a hundred
years ago
To hold, and guide, and lead us to
our destiny.*

*Mrs. Jas. Robertson
Hemmingford W.I.*

TO CANADA

*To Canada, on this historic day
A tribute of love we want to pay.
To our dear and peace loving land,
We bow our heads, standing hand in
hand.
All cities and towns from west to east
Are celebrating Canada's feast.
The 100th birthday, the Centennial
Year
With all of its people, each giving their
share.
To this precious fatherland of ours
An arrangement of Provincial emblem
flowers
We humbly present as a modest token,
Which will tell more than words can,
spoken.
To create this arrangement, unequalled,
unique,
We start with British Columbia's dog-
wood twig.
Add Alberta's wild rose, picked at dawn*

*Next to the tiger lilies of Saskatchewan,
Then, Manitoba's striking prairie cro-
cus
Which forces every eye to focus,
And Ontario's trillium, our next choice
With our capital, Ottawa, Canada's
voice.
Quebec's sky blue fleur-de-lis
Is much a part of this centerpiece.
And with the purple violet of New
Brunswick
We see our country grow strong and
big
The lady's slipper of Prince Edward
Island
With its rare beauty, majestic and silent,
Combined with Newfoundland's pitcher
plant
Portray, the vast medley of our land.
Last, Nova Scotia's mayflower, so brisk
Proves that alliance was never a risk.
All grew for a century, side by side
Today we present them to you with
pride.
And Canada, which provide't them
With soil to root, to grow a strong
stem,
Can look with pride and hope upon
For many a century's to come.
Electing good leaders, supported by the
crown
With our Lord's guidance, we shall not
frown.
In our new flag with the maple leaf
And a good future we do believe.*

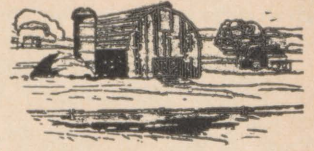
*Beautiful Canada, from coast to coast,
You always have been a gracious host,
To countless people from all over the
world
You kept your doors open, bless you,
O Lord.
All of us Canadians, of any descent,
Though, like those flowers, so different,
Pledge on this day, from east to west,
To Canada, to give our best.
Mrs. W. Mueller, Beebe, W.I.
Q.W.I. Centennial Poem Winners*

A MARI USQUE AD MARE

*Fresh tides break on this land of ours,
Conjoining ebb and flow
Of forces surging 'round us now,
They quicken and they slow.
Advance, retreat, old crumbling shores,
New summits challenge us:*

(please turn to page 20,
(see POETRY—)

The Month With The W. I.



ARGENTEUIL: Arundel 35 members and 4 guests had supper meeting at Maplewood Inn. Planned for the Annual Bazaar. **Frontier** Centennial Party held at home of Mrs. D. Clark with many members wearing Centennial dresses; refreshments made from recipes of the 18 hundreds. Letters that were written by Mrs. Wm. McOuat to friends in Scotland, describing life in East Settlement in 1826 were read at this meeting. Jumbled letters of Canadian Cities Contest was played.

JERUSALEM - BETHANY: Picnic plans completed.

PIONEER: members had Supper Meeting held at Vachon Restaurant. Members presented flowers to Mr. and Mrs. A. Parker celebrating their fiftieth wedding anniversary. Special meeting called to hear report of Q.W.I. Convention; the drawing for Quilt — won by Mrs. I. Wallace. Pamphlets on Health given to members.

UPPER LACHUTE - EAST END: "Pot Luck" supper at Mrs Hodgson's; Q.W.I. Convention report given, plans completed for a Centennial Party; catered for a wedding reception.

BONAVENTURE CO. Black Cape: 15 Christmas stockings sent to C.S.C.F.; a member gave an illustrated lecture on her trip to the Bahamas. **Grand Cascadepedia:** Christmas Stockings sent to C.S.C.F., reports given on the Leadership Course and QWI Convention; Collection of Pennies for Friendship. **Marcil:** Christmas Stockings sent to C.S.C.F.; special reports given on Board Meetings and delegates report on QWI Convention. **Matapedia:** Catered for a wedding. Four Centennial Trees donated and planted at Holy Rosary Convent and Protestant Elementary School. Hooked Rug sent for display at Convention held at Macdonald College. **Port Daniel:** 12 Christmas Stockings sent. Interesting paper given by Home Economic Convenor. Contest "My Oldest Piece of China" with its history. Branch celebrated its 45th Anniversary on June 2nd. Branch History prepared and read by Mrs. E. A. Sweetman. The President reported on QWI's Convention and trip to EXPO. Mrs. E. Dow gave a resume of her trip to Guelph, Ontario. A guest from a W.I. Branch in Jersey, C.I. Pennies for Friendship sent in. **Resti-**



Picture of the Centennial Quilt that was awarded first prize in the Salada Food Contest at Macdonald College during the Q.W.I. Convention. This quilt was made by Mrs. Melvin Dewar of Frontier branch.

gouche: Citizenship Convenor read paper entitled "Indeed". Welfare and Health Convenor gave paper on "Kindness Begets Kindness" Christmas Stockings sent. Catered to a wedding reception.

BROME. Abercorn: - July roll call - What can we do to promote more Publicity for our W.I.' Held a successful Rummage Sale. Had a 'float' in Centennial Parade held in Sutton in July. W.I. members wearing appropriate costumes. Christmas Stockings sent. Thank you's received from two families. Donation made to B.M.P. Hospital. Copy received of excerpts of speech from Mr. Glen Brown M.L.A. regarding debate on QWI. Letter of appreciation sent to Mr. Brown for this brief and assured him that we are in favor of continuing under Dept. of Agriculture. Increasing insurance on

W.I. Hall. A Centennial Celebration to be held with antiques on display. August roll call — "Name a Manufacturing Centre and tell what is manufactured there."

AUSTIN — Welcomed a new member, completed plans for Garden Party. **South Bolton:** Plaque erected outside Hall memory of late Mrs. Birdie Perkins. Members toured the McGill Project at Highwater, Quebec. Welcomed one new member. **Sutton:** Mrs. G. Patton welcomed two members of W.I. Branches in England, here to enjoy EXPO. They are Mrs. Platt of Worcestershire, and Mrs. Bennett of Norwich. They gave an interesting lecture on their home towns and W.I. Branches; they were strangers until meeting here, this helps to prove the bonds in being members of the W.I. Their membership plus County pins were interesting. Another guest from England - Mrs. Colton, School Principal - explained their educational system compared to ours.

CHATEAUGUAY HUNTINGDON:

Dundee: Meeting held in Bombay, N.Y. with a member who lives in the U.S.A. Quiz on many Canadian objects. **Hemmingford:** Mrs. L'Esperance gave review of Leadership Course at Macdonald, stressing the poison centre at Montreals Children's Hospital. **Howick:** Box lunch picnic. Roll call "give items of lunch brought, one of which was to be made from old recipe". Two Contests held with Centennial flavor. Mrs. Robertson gave report of QWI Convention. **Huntingdon:** Report of QWI Convention given by Mrs. Anderson. Poem by Dorothy Dumbille "Farm Life as it used to be". Members of Franklin W. I. were picnic guests at the home of Mrs Leboeuf. Quiz on flowers and another on trees.

GASPE: Douglastown: Roll call 'Name a medicine that starts with your initial'. Report on QWI Convention and two new members joined. Annual Summer Church supper held benefit of St. Patrick's Church, realizing \$343.62. **Wakeham:** Publicity Convenor received newspaper clippings of F.W.I.C. Convention sent to her by Ontario W. I. pen-pal. Reports given on Board Meeting and Convention. Scholarship given to Grade 11 pupil; and prizes given to

pupils in Grades 1 thru 6 with highest percentages. Food Sale held. Food given to a member who was ill. Centennial pins given to members and their families. Gift given to member moving to Alberta. Talent money brought in by some members.

York: — Roll call 'Name a Tourist Attraction in your vicinity'. August meeting held at a cottage in Haldiman Beach. Reports from Standing Committees — 'If a small hen house is used, one must expect small eggs', Possibility of a vaccine for prevention of tooth decay. Discussion about a Regional School on the Gaspé Coast. Reports of Princess Grace and President de Gaulle's visits to Quebec and EXPO. County President gave report of Board Meeting at QWI Convention, Branch President gave report of Convention and the trip to EXPO. Each member told of something of interest in province of New Brunswick.

MEGANTIC — Inverness: — Roll call "Name the Doctor that brought you into this World". A successful bus trip to EXPO by members and friends. Catered to wedding reception.

JACQUES CARTIER: Ste. Annes enjoyed a Pot Luck supper at Mrs. J. Howe's, Beaurepaire and were serenaded by Mr. Brown on the bagpipes.

MISSISQUOI — Dunham: — Meeting conducted by 2nd Vice-President and a new member welcomed.

Stanbridge East: — Held amusing contest on guessing weight of fellow members.

PAPINEAU — Lochabar — Roll Call "Ways of helping a new comer to Canada". 13 Christmas Stockings sent. Demonstration of 40 antiques — giving their history, this included an 1839 Bible still in excellent condition. Observation game held. Five members were wearing Centennial Costumes.

QUEBEC — Valcartier — Thank you's received from school children who had received silver dollars as prizes. As part of Vice-President meeting, illustrated lectures on California and local areas given. Mrs. G. McBain reported on Agricultural Display at EXPO, also read articles on The Hopes of Canada. Plans completed for Labor Day Picnic and Bazaar to be held on W. I. grounds. Excursion to Murray Bay for members on August 12th. Reports of QWI Convention given.

RICHMOND — Cleveland — Contest regarding cakes — winners Mrs. G. Perkins and Mrs. A. T. Smith. Mrs. Ralph Healy and Mrs. A. T. Smith presented with Life Membership Pins and Certificates.

Denison's Mills — Agriculture Convenor, Mrs. Carson gave a reading entitled "The Egg". Display of "Dancing Daffodil" Quilt block. Held cookie contest, sent 24 Christmas Stockings to

C.S.C.F. Made and sold appliqued flower quilt. Held an auction. Funds raised for Sunshine Committee.

Gore — Congratulations extended to Mrs. Joyce Gilchrist for winning second prize in Centennial Poem contest. Two members attended QWI Convention-reporting on this and the EXPO trip. Publicity Convenor Mrs. M. Griffith read a newspaper clipping of the annual meeting of this Branch held 40 years ago. Gift given to daughter of one member. Had Richmond Hill members as guests. Contest on 'Know your Birds'.

Melbourne Ridge — Corsages and Centennial gifts presented to 11 grandmothers present at this meeting — gifts to 14 grandmothers not present. School Fair Programs given out.

Richmond Hill — Convenor of Agriculture showed copies of Toronto Globe of 100 years age. Quilting held at this meeting.

Richmond Young Women — Sent 8 Christmas Stockings. Contest 'Search for the Cities' won by Miss Norma Knowles.

Spooner Pond — Picnic meeting with families present. Reports of County Meeting and QWI Convention.

SHEFFORD — Granby Hill — Centennial Quilt made for QWI Convention Salada Foods Contest; Free picnic area equipped with tables, benches and litter cans as a Centennial Project.

Granby West — Members working on petition to have a home for Retarded Children Center in this area. Member responsible for placing another Mongoloid child in Home at Austin. Cecil Butters' Home is now full to capacity. Articles for Antique Display sent to Macdonald for Convention.

Waterloo-Warden — Branch members visited 'Miss Clairol' plant at Knowlton.

STANSTEAD — Ayers Cliff — 18 Christmas Stockings sent in. Paper drive held. \$25.00 donated to the Dr. Brown Scholarship Fund. County President, Mrs. Hatch visited the branch in June. Members enjoyed a dinner at Dufferin Heights Country Club. Delegate reported on Convention.

Beebe — 14 Christmas Stockings sent in. Mrs. Miller gave report on QWI convention. Vi Moranville reminded the members of the Sale Table for the County at Ayers Cliff Fair. Congratulations were given to Mrs. H. Cass — 1st prize winner and to Mrs. W. Mueller — 3rd prize winner in the Tweedsmuir Poem Contest. Picnic meeting at the Emslie Cottage, Cedarville — bingo played followed by salad supper.

Hatley — Branch had a paper drive. 8 Christmas Stockings sent in. Hatley History books being sold as a Centennial Project. Prizes donated to pupils

for improvement.

North Hatley — Branch served afternoon tea at the Annual Antique Show and Sale. On July 20th, Mrs. Grandpré (Past-President) was presented with a Centennial Rose cup and saucer prior to her departure to her new home in Winnipeg, Manitoba. Citizenship Convenor gave an interesting talk entitled 'Canada — Colony to Nation'. Other members gave biographies of some of the Fathers of Confederation.

Stanstead North — Roll Call 'A trip I would like to take'. July meeting held at cottage of Mrs. Burton Hill on Lake Lyster with a chicken pie dinner served. Mrs. G. Mann was presented with a birthday cake and card. Miss Ruth Hethrington — a bride-to-be — was presented with an electric blanket from the members, also a decorated cake with a Peace Rose topping it. Mrs. Margaret Abbott a member of former years — who had been residing for the past several years in the U.S.A. was welcomed back. Voted to renew the Royal Canadian Geographical Magazine for Sunnyside High School. Mrs. Rhita Taylor reported on the successes of their float depicting the old Mansur Schoolhouse with W.I. members being the pupils. This float won first prize on July first at Beebe and again on July fourth at Derby, Vermont. Roll call — a homemade food sale among the members. Poem "I'm fine, how about you?" was given by Mrs. Geneva Lyons. Mrs. Lillian Whitehouse read a letter from a Stanstead England W.I. Branch. Delegate gave report of the QWI Convention.

Tomifobia — Heard report of QWI Convention.

POETRY—

(continued from page 18)

*In changing winds, horizons dim,
We wrestle on, because we must.
"O Canada, we stand on guard"
Of what? Our children cry.
It is the vital living thing,
Beliefs that cannot die.*

*Gladys Woolley,
Hemmingford Women's Institute.*

O, CANADA

*The time has come, O, Canada,
To sing our songs of praise.
To celebrate one hundred years,
In many different ways.*

*Our fathers toiled to make you great,
A country strong and free.
With joyous hearts we contemplate,
Our land from sea to sea.*

*The mountains reaching to the sky,
The golden flash of waters bright.
The prairies, where the winds go by,
The mighty forests limned in light.*

To every wind, we see unfurled,
Our flag that bears the maple leaf.
We proudly stand before the world,
For Home and Country, our belief.

Joyce Gilchrist
Gore Women's Institute,
Richmond County.

CENTENNIAL POEM

This land of ours
So vast and free
Has it changed so much in a century?
"Of course it has," we're inclined to say,
Before we look at the new-mown hay;
And the maple tree, the same as yore
They're really the same as they were
before.

And all the lovely, woodsy things
That grow untamed,
Neath aircraft's wings,
The lakes and valleys, rivers and hills,
Are here to stay, as Heaven wills.
We thank Thee, our Father, for all
that is here

In this fair land we hold so dear,
Neighbour to neighbour,
Man to man,
We stand together,
Clan to clan.

Mrs. Audrey Cowan,
Box 451,
Brownsburg W.I.

MY COUNTRY

Feuds of man and
Pangs of nature
Tidal jetsam
Cities new.
Contrast echoes,
Through the ages,
Oh, my country
Parlez-vous?
Bonfires burning,
Celebration!
Irish, Scots to
Name a few.
Canada is
Blest of nations
Francais, Anglais
Tous les deux.
Will you, can you
O'ercome forces,
As you have done
Ages past?
Glorious country
Many races
Canada, dear-
Please hold fast.

Edna Laurie,
Hemmingford Women's Institute.
Hemmingford, Quebec.

MY CANADA

Bright sun sparkling on the crisp snow,
Blue jays scolding 'round the feeding
tray,
Children sliding down the hills and
slopes
With shrieks and laughter and cheeks
aglow,

This is my Canada.
Cold nights, sunny days, frogs peeping

in the pond,
Sap buckets hanging on the trees,
Writhing steam from shanty roof,
Hot syrup poured on glistening snow,
This is my Canada.

Bees droning in clover sweet, robins
hunting worms,
Sprayers moving like medieval monsters
thru' the trees,
Red, gold and yellow colours in the
Fall

Splashing the woods and mountain sides
and hills.

This is my Canada.
Breath coming in white puffs, sun
sparkling on dew drops,
Picking apples, so round and red, full
of summer's sweetness,
Flocks of geese, arrowing south with
haunting sound,
Whirr of wings, the sound of gun and
baying hound,

This is my Canada.
Anne Robertson
Hemmingford W.I.

CANADA

Canada, nineteen hundred sixty seven
Many events this year to leaven
Wrought by the pioneer and present
denizen.

Ten provinces welded from sea to sea
By a regimen of work, religion and
democracy.

Our beloved country, young, strong and
free

O Canada, we stand on guard for thee.
In three wars Canada had a part,
No action of Canada the wars did start,
The young, brave and gallant went
across the sea

To help the motherland crush tyranny.
Many a supreme sacrifice was paid,
By such sacrifices a nation is made.
Much sorrow and depression the war
had wrought,
Peace and prosperity was earnestly
sought.

Canada's natural resources assure living
for all,

Her variety of scenic beauty tourists
enthrall.

Expo 67 will make Canada known far
and wide

And give Canadians a sense of pride.
Canadian women have played important
roles

From pioneer days to space age goals.
In 1897 Adelaide Hoodless founded
the W.I.,

To work for home and country the
members do try

To build a strong nation for all to see,
God bless our land and from strife
keep her free.

Submitted by: Mrs. Finlay Bennett,
c/o St. Pauls Home, Bury, Que.

Present age 92 years on November 1,
1966 A charter member of Canterbury
Women's Institute and an active mem-
ber for 53 years.

A LITTLE CHILD SHALL LEAD THEM

Did you know that hundreds
of thousands of Canadian young-
sters — your children and ours
— are working to provide a bet-
ter future for other millions of
less fortunate children around the
world?

Each year at Hallowe'en, more
and more Canadian children carry
little UNICEF boxes on their
shell-out rounds. The coins they
collect are used by UNICEF —
the United Nations Children's
Fund — to provide food and
health and schooling for other
children whose only hope lies in
our generosity.

Last year, Canadian children
collected the astonishing sum of
\$489,000 — literally tons of coins
— at Hallowe'en for UNICEF,
and unsolicited donations totalled
\$72,000. These coins work won-
ders around the world, bringing
happiness and hope to the world's
children.

But more important, perhaps,
than the money is the lesson for
all of us in the UNICEF Hal-
lowe'en campaign. Our children,
innocent, untouched by the
world's evil, respond immediately
to UNICEF's appeal. For them
the issues are simple. Other chil-
dren need help, so our children
give it.

That is why Canadian children
carry the orange and black UNI-
CEF boxes at Hallowe'en. That
is why you should give generously
when they ask you to "Shell-out
for UNICEF". And, while you
are at it, pause a moment to think
about the open hearts of children.
We can all learn a lesson from
them.

FROM —

CANADIAN UNICEF COM-
MITTEE. The accompanying let-
ter notes that the UNICEF Fund
was set up 21 years ago to help
the children who were victims of
war. Today with war and unrest
on several world fronts, children
are once again the victims.



NATURALFLOW

MAPLE SAP TUBING FROM
TREE TO VAT WITHOUT
HANDLING

FLOMOR

MAPLE TAP HOLE PELLETS
INSURING A LARGER FULL
SEASON'S FLOW

\$6.50 for 500 pellets.
FREE LITERATURE

Naturalflow Maple Sap Plastic Tubes
& Supplies Ltd.
St. Emile de Montcalm, P.Q.

THE Country Lane

POETRY

*There's a poem in each gift from God,
In the rivers, forests and trees,
In the angry storm-tossed waters
And in summertime's softest breeze.
There's a poem in wafted perfume,
From a rose in a garden small;
We find our lines of poetry,
In a torrential waterfall.*

*In the snow that comes in winter,
A white blanket covering the ground;
In ice on the limbs that sparkle,
On the trunks of the trees so round.
In filigreed frost on windows,
Interwoven on a glass pane;
In the shadows in the springtime,
When the earth is watered by rain.*

*In the love of man for maiden,
In a mother's tender, sweet smile;
In voices coming through the air,
As we turn on the TV dial.
Yes, life is full of poetry,
And alone we need never be,
If we attune our ears and eyes,
To the things that we hear and see.*

— Ethel Kettyle,
Brownsburg, P.Q.

*If I could press the essence of my thought
Into one tiny drop of wisdom learned
Beyond the volumes men have known before,
I would not feel this life was lived for naught,
Nor fair Earth's joys and pleasant hours unearned —
Nor seek a richer prize — nor crave for more.
In this deep inner sense we call the soul,
A man may sink, cleansed of the trivial;
For some brief instant stand upon the verge
Of wondrous waking, the urgent role
He plays upon this speck terrestrial
Almost revealed. But then — the restless surge
Of mundane happenings engulf the man
And sweep him back to where the dream began.*

— G. P. Hawke,
Farnham, P.Q.

OLD MIKE

*A "has been" they called him, though not to his face;
And somehow he knew, but felt no disgrace.
Indeed 't was an honour for sure it implied
He had been a person on whom they'd relied.*

*What if time had faded his strength or his power,
He'd always recall he had had his hour,
And nod as he stated with smile serene:
"I'm thankful I'm not a 'might have been'."*

— Olive Sanborn Rubens,
Montreal, P.Q.

TO WORRY IS FOLLY

*If you would sleep well,
Think only of moonbeams,
Pale gold and mystic,
Perfumed with flowers.*

*Think of their softness,
And let their witchery
Lull to forgetfulness,
Those weary hours.*

*Light as a thistledown,
Floating and floating,
They'll bear you away
On the wings of content,*

*Blindfold by sleepiness,
Heedless and trusting,
Filled with soft langour,
And fully content.*

— Janet Pollock Graham,
Grenville, P.Q.

PRAYER OF A HOUSEWIFE

*Jesus, teach me how to be
Proud of my simplicity.*

*Sweep the floors, wash the clothes,
Gather for each vase a rose.*

*Iron and mend a tiny frock,
Keeping one eye on the clock.*

*Always having time kept free
For childish questions asked of me.*

*Grant me wisdom Mary had
When she taught her little lad.*

— C. C. Coblenz,
Observer.

PALS

*When I see a boy who hasn't a dog
Or a dog that hasn't a boy —
I think of the lot they are missing
Of frolic and genuine joy.
Some parents think dogs
Are a nuisance
Just something to bark and annoy,
They can't know how badly
A boy needs a dog
Or how sadly a dog needs a boy.*

— Mae Morton Morris
— From "Your Dog".